

The Food I Eat

A Reading A-Z Vocabulary Book

Word Count: 150



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VOCABULARY

The Food I Eat



Written by Lisa Ing

www.readinga-z.com

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ELEMENTS USED IN THIS BOOK

Vocabulary words: *Fruits and vegetables:* vegetables, plants, lettuce, spinach, carrots, peas, fruits, melon, grapes, apples, cherries, tomato sauce; *Grains:* grains, rice, oatmeal, flour, bread, pancakes, crust; *Meats:* meats, animals, hamburgers, chicken, fish, pepperoni; *Dairy Products:* dairy products, milk, cheese, yogurt, ice cream; *Other:* snacks, candy, cookies, popcorn, potato chips, pizza

High-frequency words: a, are, and, big, come, for, from, good, has, I, it, like, little, make, many, red, too, you

Other words: eat, food, sweet, salty

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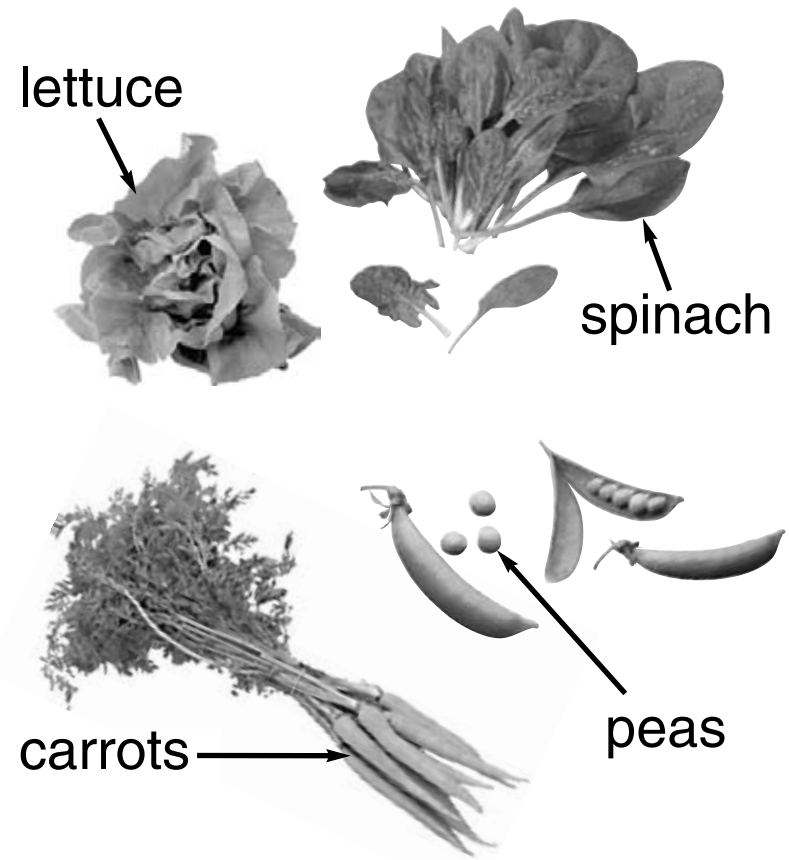
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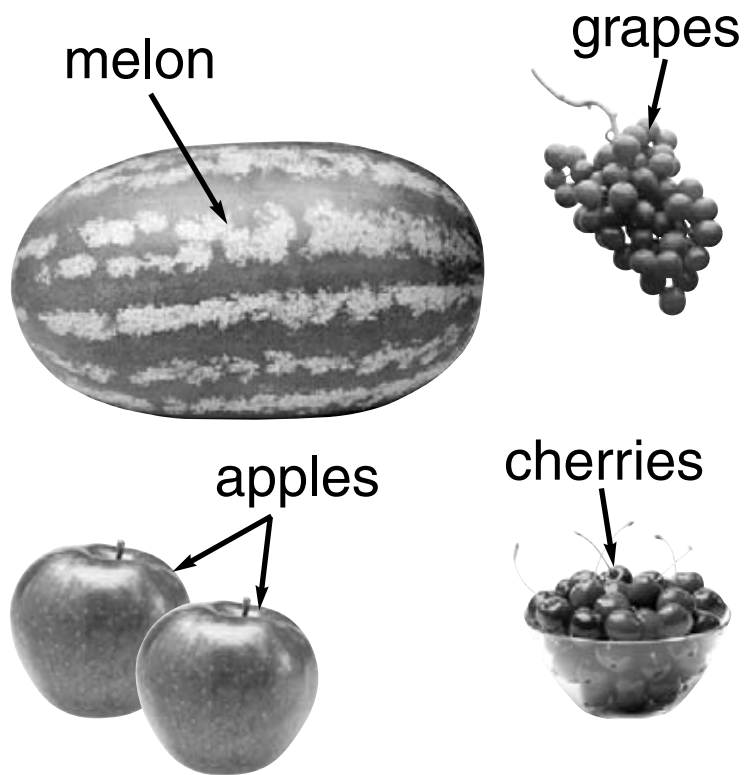
Vegetables

Vegetables come from plants.

I eat lettuce and spinach.

I eat carrots and peas.

Vegetables are good for you.



Fruit

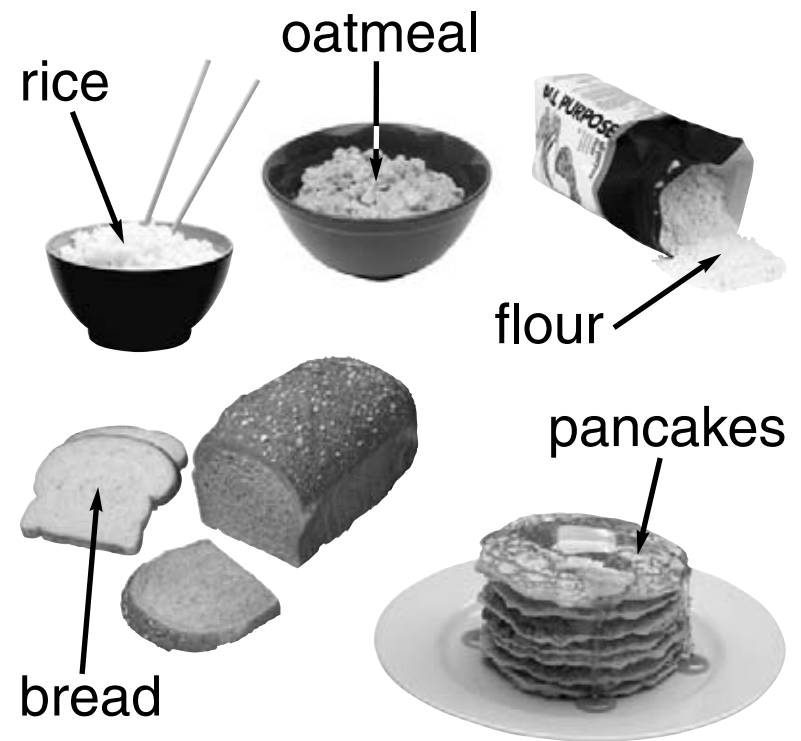
Fruits grow on plants.

I eat a big melon.

I eat little grapes.

I eat red apples and cherries.

Fruits are good for you.



Grains

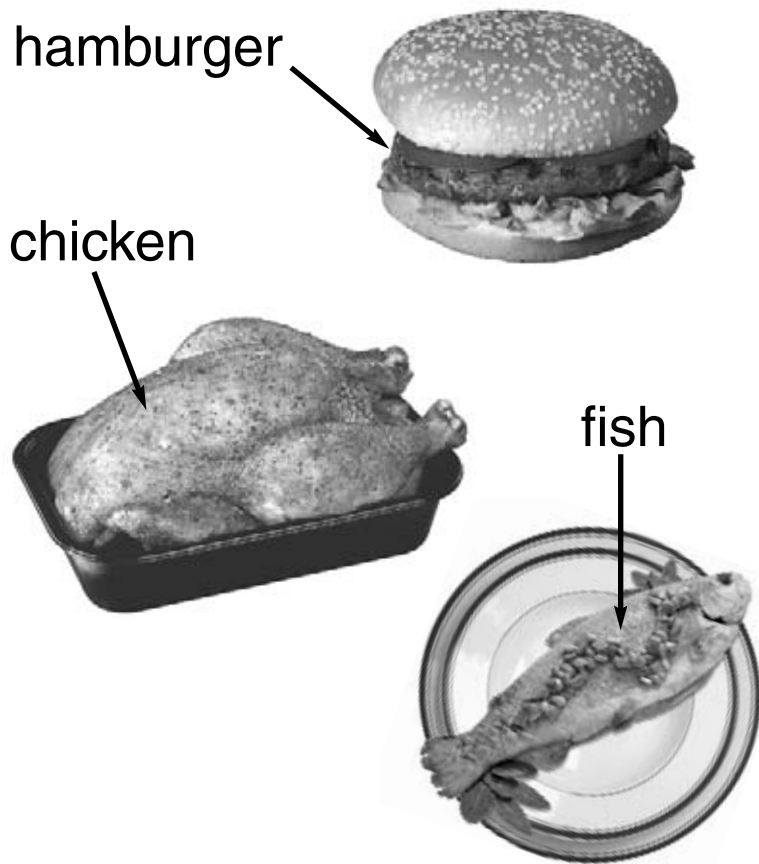
Grains are food.

I eat rice and oatmeal.

Grains make flour.

Flour makes bread and pancakes.

Grains are good for you.



Meats

Meats come from animals.

I eat hamburgers.

I eat chicken and fish.

Meats are good for you.



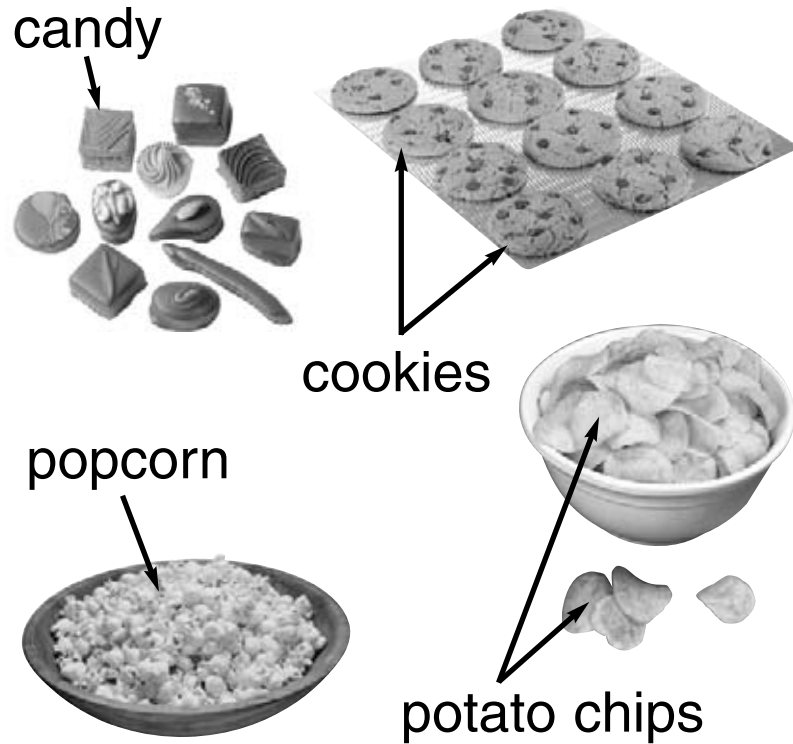
Dairy Products

Dairy products come from milk.

I like to drink milk.

I like to eat cheese.

I like yogurt and ice cream.



Snacks

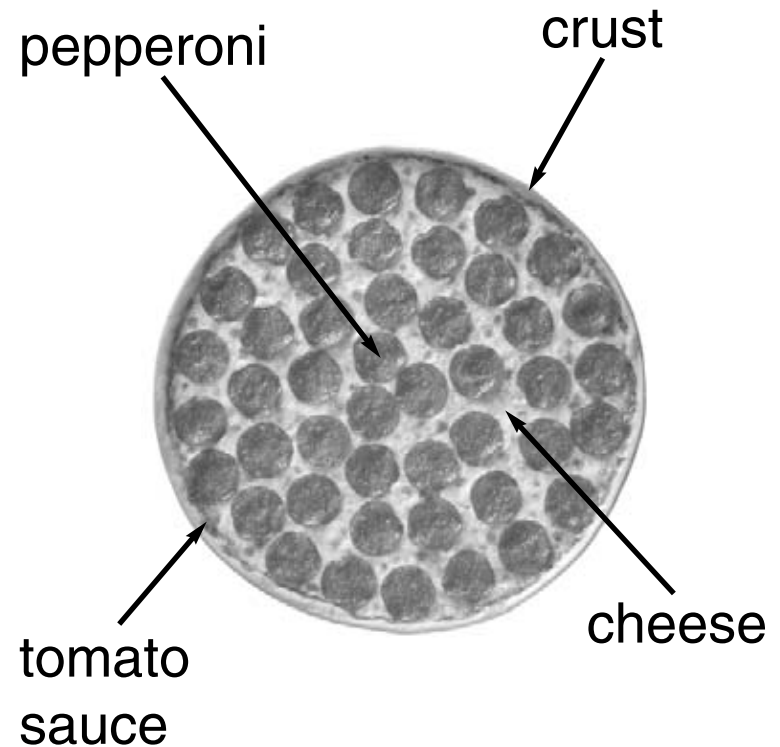
Snacks are food.

I eat sweet candy and cookies.

I eat salty popcorn.

I eat salty potato chips.

Too many snacks are bad for you.



Pizza

Pizza has many foods on it.

It has a bread crust.

It has tomato sauce.

It has cheese and pepperoni.

I like pizza.